AYUSH: International Research Journal of Ayurveda Teachers Association

Journal Home Page: www.airjata.org

Open Access Full Text Article

Review Article

Title of Article:
Role of *Truptighna Mahakashay Dravyas* in relation to *Aamashayagat Rasadhatu Dushtijanya Vyadhi*

Pardeshi Pallavi [1] Chavan Sheetal [2] Dr. Parag S. Patil [3]

[1]Asst. Prof. Bhimashankar Ayurved College, Pune. [2]Asst. Prof., [3]Asso. Prof., ASS Ayurved College, Nashik.

Article Info:

Article History:
Received: 1 january 2023
Accepted: 6 march 2023
Published: 1 april 2023

Address for Correspondence:
Chavan Sheetal
Asst. Prof. ASS Ayurved College, Nashik
Email- dr.sheetalyadav59@gmail.com

ISSN No.: 2582-5971

ABSTRACT

Acharya Charak has classified various *dravyas* into different groups according to their actions on specific diseases and has also given names to the groups according to their action on the human body. A total of *50 ganas* or *Mahakashayas* are mentioned in the classic text *Charak Samhita*. *TruptighnaMahakashay* is one of them. Acharya Charak aims to give ready references to medicinal drugs for curing different *disorders*. *Trupti* means Satisfaction. It is one of the *KaphaDoshaj* symptoms. An excessive increase of *KaphaDosha* gives rise to *KaphaDoshadushtijanyaVyadhi. KaphaDosha* is similar to *Rasa Dhatu.* Vitiation of *KaphaDosha* precedes vitiation of *Rasa* Dhatu, which leads to different *Rasa Dhatu dushtijanyaVyadhi*. *Amashay* is one of the *Sthana* of *KaphaDosha,* especially *KledakKapha*. Due to *KledakKaphaDoshadushti,Jatharagni* gets disturbed, leading to different digestive disorders related to *Rasa Dhatu* like *Ashraddha, Aruchi, Agnimandya, Aasyavairasya, Ajirna, Aadhman, Chhardi, Hralhas, and Amlapitta.* In this review article, we will compile and correlate the probable action of *TruptighnaMahakashaydravyas* and their role in *RasapradoshajanyaAamashayagatVyadhi.*

Keywords: *Rasavahasrotas, Truptighna, Mahakashay, Agnimandya.*

INTRODUCTION

In today's era, people have busy lifestyles that disturb their food habits and mental conditions. Especially in urban society, the lifestyle has become very fast and too stressful, and most people have adopted the bad habits of *Aahar* and *Vihar*. According to the fundamental principles of *Ayurveda*; *Dosha*, *Dhatu*, and *Mala* are the three *Upasthambhas* of the *Sharira*. To have a healthy body, the *Upastambhas* maintain equilibrium. But due to the fast-changing lifestyle, irregular food habits, and mental disturbances, the three *Doshas*, *Sapta Dhatu,* and *Mala* of the body become disturbed and create problems like *Agnimandya*, and *Ajirna*. This is the reason for the day-by-day increase in the incidence of diseases due to *Rasa dhatu dushti janya vikar. Rasa dhatu* is the first *dhatu* in the body which is produced in the stomach when

food comes in contact with the *jatharagni*. When this *jatharagni* meaning digestive power is affected, food not digested properly gets converted into *Aam* which causes *Agnimandya*. According to Ayurveda the physiological functioning of the body depends on the proper function of *Agni* i.e. *Jatharagni*, *Dhatwagni*, *Bhootagni,* etc. *Agni* has an important role in the proper equilibrium of *Doshas*, *Dhatu*, and *Mala*.

MATERIAL AND METHOD

The *Ayurvedic* classical text material and also different research articles from internet sources have been reviewed.

Aim: To study *Rasavaha Srotasa dushti janya vikar* related to *Amashay* and the role of *Truptighna Mahakashay dravyas.*

Objectives:

1. To study *Rasavaha Srotasa.*
2. To study *Truptighna karma in detail.*
3. To study the action of *Truptighna Mahakashay dravyas* in *Rasavaha Srotasa dushti janya vikar.*
4. To study the dravyas with their chemical composition and satiety-related mode of action.

AYURVEDIC CONCEPT

Srotasa:

Strotas are very minute channels not seen but detectable by their functions, they provide nutrients to the whole respective *Dhatu* in the body. If there is any disturbance in the physiology of *strota*s, it may lead to pathological changes in the body, therefore understanding the concept of *strotas* is very important.

The following are the causes of *Rasa Dhatu Dushti*: [1]*[Ch. Vi.5/21]*

1. Eating *Guru*-Excessively Heavy, *Sheeta*-Cold, *Atisnigdha* - Oily, Unctuous, Sticky, food.
2. *Samashan* –Taking a wholesome and unwholesome diet together
3. *Chinta*-Stress.

The following are the diseases related to the *Amashay:* *[Ch. Su.28/9, 10]* [2]

Ashraddha-Ageusia*, Aruchi*-Anorexia*, Aasyavairasya*-Disgeusia*, Arasadnyata*-Loss of taste*, Hrilaas*-Nausea*, Gaurav*/*Aadhman*-Feeling of heaviness.

Rasa pradoshaj vyadhis covered by *Acharya Sushruta* are: *Avipak* – Dyspepsia, *Trupti*-Early satiety, *Hradroga*-Heart disorder.

Management of *Rasavaha strotodushti* according to Acharya *Charak* - Fasting (*Langhan*) is the best remedy for the *rasa dhatu dushti janya vikar.* [3]*[Ch. Su.28/24] Rasavaha strotas* are channels that carry *rasa dhatu*. Therefore, the *dushti* of *rasa dhatu* implies the *dushti* of *Rasavaha strotas*. Since *rasa* is the foremost amongst the *sapta dhatu* (and *Rasavaha strotas* its channel), *rasa dhatu dushti* leads to the vitiation of the following six *dhatu* and their *strotasas*. Hence, it is very essential to deal with the *Rasavaha strotas vikar,* to avoid *rasa dushti* and eventually further *dhatu dushti* and *strotas dushti.*

***Samprapti*:**

Nidan (HetuSevan) ----- *Tridosha dushti* ----- *Dosha vaigunya* ---- changes in the functions of *Pachak pitta* and *Kledak kapha* ----- *Agnivaigunya* ----- Food not properly digested, improperly digested food converts into *aam* ----- *Aam-nirmiti* ----- *Agnimandya.*

Aamotpati is the main reason for *Agnimandya. Agnimandya* is a symptom and also a disease. *Agnimandya* causes improper digestion of food and turns it into *Aam*. The repetitive happening of this condition or ignoring this condition produces a variety of *Rasa Dhatu dushti janya vyadhi.* Excessive *Aam* circulates through the channels [*Srotasa*] and blocks the different channels [*Srotasa*] and obstructs the flow of *Aahar rasa [Saar Bhag*] and *Mala [Kitta Bhag]*. Due to the blockage of *Srotas,* specifically the first *Rasavaha Srotasa;* the nutrition of further *Dhatu* becomes deficient. *Aam* accumulated in the *Rasavaha Srotasa* causes disease conditions like *Tripti, Ajirna, Aruchi, Aasyavairasya, Ashraddha, Gurutwa, Jwar, Chhardi, Hrallas, Udarshul, Aadhman, Aatop.* The qualities of *Rasa Dhatu resemble Kapha Dosha,* hence disordered *Rasa Dhatu* causes an increase in the *Guna* i.e. the properties of *Kapha dosha,* such as *Snigdha, Guru, Sheeta, and Pichchhil.* So, to cure this upset condition; *viruddha guna karma dravyas* are used. *Kaphashamak* medications like *Ushna guna and Katu rasa dravyas* should be used to treat such conditions. In *Truptighna dravyas* the maximum dravyas are *Katu rasatmak* and *Ushna Virya*, which are *Kaphashamak* properties. As excessive *Kapha dosha* diminishes, it decreases the Guru*, Snigdha, Sheeta, Pichchhil,* etc characteristics, and helps to reverse the *Aama* dosha-related disorder.

Truptighna Mahakashay:

A total of 10 *dravyas* comprise the *Truptighna Mahakashay.* They are

1. Shunthi, 2. Guduchi, 3. Vacha, 4. Musta, 5. Pippali, 6. Chavya, 7. Chitraka, 8. Vidanga, 9. Murva, 10. Patol. [4, 7]

Truptighna karma:

Tripti is a *Sanskrit* word meaning "satisfaction", "nourishment" or "spiritual delight" [6, 7]

Tripti is also one of the *Kaphaj nanatmaja vyadhi*. Excess of *Kapha Dosha* increases its properties like *Guru, Snigdha, and Sheeta;* creating a feeling of tightness and fullness in the abdomen; this is called *Tripti*. The drugs that are used to treat such symptoms are commonly known as *Truptighna Dravy.*

Tripti as a *vyadhi* or as a symptom is commonly seen in patients who suffer from *Rasavaha srotas dushti* due to the similarity of *Kapha dosha.* It is a condition characterized by the symptoms of early satiety and loss of appetite. Due to the consumption of factors responsible for the vitiation of *Kapha Dosha* - *Kapha Vruddhi* takes place which causes *Agnimandya* and related diseases like *Trupti, Ajirna, Arochaka,* etc. According to *Yogindranath Sen, Tripti* means *Arochak*. Hence *Truptighna dravyas* are also called *Arochak har Dravyas*.[7]

MODERN CONCEPT

Definition of Satiety:

It is defined as the inability to eat a full meal or the feeling of fullness in the abdomen after a small amount of food intake.

Causes and related disorders:

A long duration of early satiety can lead to different nutrition-related health complications such as; Peptic ulcer, Gastroesophageal reflux disease [GERD], Obstruction, Tumors of the abdominal organs, Gastroparesis, Inflammatory bowel syndrome [IBS], Constipation, Enlarged liver, Ascites, Cancer, Anxiety, Stress.

Signs and symptoms:

A feeling of fullness after eating very little food, Inability to consume a normal-sized meal,
Nausea, Vomiting, Difficulty in breathing and Swallowing, Bloating and Burping, Chest pain, Heartburn, Indigestion, Stomach pain.

PATHOPHYSIOLOGY:

When a person eats-----nerve receptors inside the stomach stimulate -----receptors ---these receptors send signals to the brain----and the brain interprets it as a sensation of fullness. ----this process helps to prevent overeating.
But in chronic disorders of the Abdomen like Obstruction, tumors, IBS-----or aetiological factors like GERD, Ulcer, IBS, and Constipation---- cause impairment or absence of stomach movement-------Stomach empties slowly which makes the food remain in the stomach for a longer duration-----Compression of the duodenum, stomach------ damage to vagus nerves, receptors------send signals to the brain----interprets as a sensation of fullness---causes Early Satiety.

OBSERVATION AND RESULT:

Tab. No. 1: List of *Triptighna Mahakashay dravyas* with details of Properties[7, 8, 9]

Drug Name	*Rasa*	*Virya*	*Vipaka*	*Guna*	Part used
Nagara *Zingiber officinalis* *Zigiberaceace*	*Katu*	*Ushna*	*Madhura*	*Guru, Ruksha, Tikshna.*	Rhizome
Chavya *Piper chaba* *Piperaceae*	*Katu*	*Ushna*	*Katu*	*Laghu, Ruksha.*	Fruit Root
Chitraka *Plumbago zeylanica* *Plumbaginaceae*	*Katu*	*Ushna*	*Katu*	*Laghu, Ruksha.*	Root
Vidanga *Embelia ribes* *Myrinaceae*	*Katu* *Kashaya*	*Ushna*	*Katu*	*Tikshna*	Seed
Murva *Marsdenia tenacissina*	*Tikta,* *Kashaya*	*Ushna*	*Katu*	*Laghu, Ruksha.*	Rhizome

Asclepideaceae					
Guduchi *Tinospora cordifolia* *Menispermaceae*	*Tikta,* *Kashaya*	*Ushna*	*Madhura*	*Tikshna*	Stem
Vacha *Acorus calamus* *Araceae*	*Katu, Tikta*	*Ushna*	*Katu*	*Guru, Ruksha*	Rhizome
Musta *Cyperus rotundus,* *Cyperaceae*	*Katu, Tikta,* *Kashaya*	*Sheet*	*Katu*	*Guru,* *Snigdha*	Rhizome
Pippali *Piper longum,* *Piperaceae*	*Katu*	*Anushna*	*Madhura*	*Laghu,* *Tikshna*	Fruit
Patola Trichosanthes dioica, *Cucurbitaceae*	*Tikta, Katu*	*Ushna*	*Katu*	*Laghu,* *Ruksha*	Fruit Stem Root

Table No. 2: List of *Truptighna Mahakashay dravyas* with their detail information about *Doshaghnata*, *Rogaghnata*, and *Karma*.[7, 8, 9]

Drug Name	***Doshaghnata***	***Karma***	***Rogaghnata***
Nagara *Zingiber officinalis* *Zigiberaceace*	*Vata* *Kapha* *hara*	*Rochan, Deepan* *Pachan, Vatanuloman* *Shulaprashaaman*	*Aruchi,Hrallhas,Chhardi* *Agnimandya, Ajirna, Aadhman* *Udarshul*
Chavya *Piper chaba* *Piperaceae*	*Kapha* *Vata* *hara*	*Deepan,Pachan* *Vatanuloman* *Shulaprashaaman*	*Aruchi, Aanah* *Agnimandya, Ajirna,* *Aadhman, Udarshul*
Chitraka Plumbago zeylanica *Plumbaginaceae*	*Vata* *Kapha hara*	*Deepan* *Pachan*	*Agnimandya,* *Ajirna, Udarshul*
Vidanga *Embelia ribes Myrinaceae*	*Vata* *Kapha hara*	*Deepan* *Pachan Anuloman*	*Chhardi, Agnimandya* *Ajirna, Aadhman Udarshul*
Murva *Marsdenia tenacissina* *Asclepideaceae*	*Vata* *Kapha* *hara*	*Deepan, AmaPachan* *Anuloman* *Shulaprashaaman*	*Hrallhas, Chhardi*
Guduchi *Tinospora cordifolia* *Menispermaceae*	*Tri* *Dosha* *hara*	*Deepan , Pachan* *Jwarahara* *Chardinigrahan* *Anuloman*	*Chhardi, Agnimandya* *Udarshul, Jwar*
Vacha *Acorus calamus* *Araceae*	*Vata Kapha hara*	*Deepan, Pachan* *Shulaprashaaman*	*Aadhman* *Shula Agnimandya* *Aruchi*
Musta *Cyperus rotundus, Cyperaceae*	*Kapha* *pitta hara*	*Deepan* *Pachan Jwarahara*	*Aruchi,Chhardi,Jwar* *Ajirna, Agnimandya*
Pippali *Piper longum,* *Piperaceae*	*Vata Kapha hara*	*Deepan,PachanTruptighna* *Shulaprashaaman* *Vatanuloman*	*Aruchi, Agnimandya* *Ajirna, Udarshul*
Patola *Trichosanthes* *dioica,Cucurbitaceae*	*Kapha Pitta* *hara*	*Deepan, Rochan* *Pachan, Anuloman*	*Aruchi,Agnimandya* *Ajirna, Udarshul*

Table No.-3 List of *Truptighna Mahakashay* dravyas with detailed information related to their chemical constituents, Pharmacological action, and Mode of action.

Sr. No.	Drug Name	Pharmacological Action	Chemicals contain	Mode of action
1	*Nagara Zingiber officinalis*	1.Anti-Inflammatory 2.Anti-Emetic 3. Peptic ulcer	Gingerol Shogaol Galanolactone	1. Ginger inhibits the production of immune system components called cytokines. These chemicals have the tendency to create inflammation; Chemicals Gingerols contain potent anti-inflammatory action. Gingerol inhibits Arachidonic acid metabolism and is thus an inhibitor of prostaglandin synthesis.[21] Shogaol interferes with the Arachidonic enzyme, inhibits cyclooxygenase, and prevents prostaglandins synthesis 2. These chemicals have antiseratoninergic effects and 5HT3 receptor antagonism effect [Antidopamine action][23] 3. Peptic ulcer: Inhibits the growth of Helicobacter pylori.H.pylori is a species of bacterium that can harm the stomach lining leading to stomach ulcers. Causes symptoms nausea, vomiting, bloating, burping, and lack of appetite.[23]
2	*Chavya*[22] *Piper chaba Piperaceae*	1. Digestive 2.Anti-inflammatory	Piperine-alkaloid	1. Excessive secretion of gastric juice 2. extract containing Piperine act as inhibitory action on prostaglandin and leukotriene's COX-1
3	*Chitraka Plumbago zeylanica*	1.Anti-inflammatory 2.Antiulcer 3.Anticancer	Plumbagin	1. Reduction in prostaglandin synthesis.[19] 2. Inhibition of gastric mucosal damage[19] 3. Cytotoxic activity[19]
4	*Vidanga Embelia ribes*	1.Anti-inflammatory 2.Abdominal disorders 3.Anti-cancer 4.Gastritis	Embelin	1. Bind and inhibits Inflammatory pathways.[20] 3. Inhibit [TNF] Tumour necrosis factor.[20] H.Pylori infection reduced.[20]
	Murva Marsdenia tenacissina	1Anti-inflammatory 2.Anti-cancer	Marsedenin Marsdenoside B	1. Inhibition of process of Inflammation.[18] 2. The extract potential to restore erlotinib or gefitinib sensitivity in tyrosine kinase inhibitors resistant cells.[18]
6	*Guduchi*[23] *Tinospora cordifolia*	1. Antispasmodic 2.Antiinflammatory 3.Anti stress 4.Anti-cancer	Tinosporin, Tinosporide	1. Steroid-sitosterol-Inhibit COX2. Diterpenoid lactone-Anti inflammatory 2. Inhibition of the proliferation of tumor cells. Steroid-sitosterol Inhibit TNF, I- 1, IL- 6,Alkaloids-Palmatin-
7	*Vacha Acorus calamus*	1.Anti-ulcer 2.Antispasmodic 3. Anti-anxiety 4. Anti-depressant 5.Anti-cancer	Asarone Acorin	1. Inhibits gastric secretion and protects gastroduodenal mucosa against injuries.[12] 2. Inhibits the excessive peristaltic movements of the intestines.[12] 3. Interaction with Adrenergic, dopaminergic, serotonergic, and GABAergic systems. [13] 4. The extract inhibited proliferation generated by the mitogen phytohemagglutinin. Inhibited production of nitric oxide,interleukin-2, and Tumor necrosis factor.[12]

8	*Musta Cyperus rotundus,*	1. Antiemetic 2.Anti-spasmodic 3. Gastroprotective 4.Anti-inflammatory 5. Anti-cancer.	Cyperone	1. Vasodilator properties and ability to inhibit the mammalian arginase enzyme.[10] 2. Inhibit acetylcholine, reduced contraction, 5 Hydroxitriptamine induces direct relaxant action on the smooth muscle.[10] 3. Inhibition of gastric motility and endogenous prostaglandins.[10] 4. Inhibit lipopolysaccharide [LPS] which stimulated inflammation.[10] 5. Plant extract stops cell accumulation by inducing apoptosis in the cancerous cells.[10]
9	*Pippali Piper longum,*	1. Anti-ulcer 2.Anti-depressant	Piperine-alkaloid	1. Inhibit GE [Gastric emptying] activity of gastric and pepsin secretion.[17] 2. Simulating and carminative properties, with increased secretion of gastric juice and improved appetite. Gastrointestinal movements are included with relief of gas and colic.[17]
10	*Patola Trichosanthes dioica,*	1. Anti-inflammatory 2. Anti-ulcer	Triterpenoid	1. The extract of T.dioica root containing triterpenoid enriched protective role against inflammation.[11] 2. Acid neutralizing property Reduction in acid pepsin secretion and increase in mucin activity.[11]

DISCUSSION

According to the *Ayurvedic* concept, most of the *Truptighna Mahakashay dravyas* are *Katu rasavipakatmak* and *Ushna viryatmak*.[8] All these properties are *Kapha Vata shamak* and act as *Deepan, Pachan, Rochan, Anuloman, Shulprashaman,* and *Chhardinigrahan*. In *Rasa Dhatu dushti janya vikar* all these *karmas* [actions] are necessary as preventive and curative measures. From the modern medical point of view, early satiety is correlated with the symptoms like nausea, vomiting, heaviness and pain in the abdomen, and improper digestion of food.[6] Aetiological factors are obstruction, tumor, cancer cell growth, anxiety, depression, infection and inflammation of the abdominal organ, gastritis, etc. The drugs in the *Triptighna* Mahakashay contain many contents like alkaloids, glycosides, steroids, and amino acids which act as Digestive, Carminative, Anti-inflammatory, Anti-cancer, Antianxiety, Anti-depressant, Anti-ulcer, etc that reduce the various complications and related disorders by improving quality of gut health and make the person healthy.

CONCLUSION

This review article is to compile and correlate *Ayurvedic* and Modern concepts and the probable actions of *Triptighna Mahakashay dravyas*. The use of *Triptighna Mahakashay dravyas* not only maintains general health but also improves the quality of health by stimulating the appetite and reducing related disorders.

REFERENCES

1. Vd.Brahmanand Tripathi, Charak Samhita, Maharshi charak, Vimansthan, Chapter 5, verse no.21, Chuakhamba Surubhi Prakashan, Varanasi, 2011.
2. Vd.Brahmanand Tripathi, Charak Samhita, Maharshi charak, Sutrasthan, Chapter 28, verse no.9-10, Chuakhamba Surubhi Prakashan, Varanasi, 2011.
3. Vd.Brahmanand Tripathi, Charak Samhita, Maharshi charak, Sutrasthan, Chapter 28, verse no.24, Chuakhamba Surabhi Prakashan, Varanasi, 2011.
4. Chakrapani Dutta, Charka Samhita, Chakrapani teeka, 5th Edition, Chuakhamba publication, 2005.

5. Vd. Brahmanand Tripathi, Ashtanga Hridayam, Vagbhat Sutrasthan chapter 11, verse no.8, Chuakhamba Prakashan, Varanasi, reprint, 2009.
6. https://en.wikipedia.org/wiki/Satiety_value.
7. Acharya P.V.Sharma, Dravyaguna Vigyana Volume -1, Chuakhamba Prakashan, Varanasi, reprint 2018.
8. Acharya P.V.Sharma, Dravyaguna Vigyana Volume -2, Chuakhamba Prakashan, Varanasi, reprint 2018.
9. Dr.K.C.Chunekar, Bhava Prakash Nighantu of Bhavamishra, Chuakhamba Bharati Academy, Varanasi, Reprint 2006.
10. Medicinal uses and pharmacological activities of Cyperus rotundus Linn –A review, Sri Ranjani Sivapalam, Unit of Siddha medicine, University of Jaffna, Sri Lanka, IJSR Publication, vol.3, Issue 5, May 2013.
11. Antiulcer activity of Patol churna against experimental gastro-duodenal ulcers in rats, Varsha J Galani, Sunita S Goswami, Department of Pharmacology, Galani, et al, J Homeop Ayurv Med, an open access journal,I SSN:2167-1206, Vol. 1,Issue 1,1:1, 1000105, 2011.
12. Acorus calamus: Scientific validation of Ayurvedic tradition from natural resources, Pulok Kumar Mukherjee, Venkatesh Kumar, School of Natural Product Studies, Department of Pharmaceutical Technology, Jadavpur University, Kolkata, Pharmaceutical biology, Informa Healthcare, Vol.45,No.8,pp. 651-666,2007.
13. Role of Vacha Acorus calamus Linn. h] in Neurological and Metabolic Disorders: Evidence from Ethanopharmacology, Phytochemistry, Pharmacology and Clinical study, Vinnet Sharma, Dept Of Rasa shastra and Bhaishajya Kalpana, Faculty of Ayurveda, BHU Varanasi, Journal of Clinical Medicine, 9,1176, 2020
14. Concept of trupthi-a critical review on Truptighna Dashemani of Charaka. Dr.Nataraj H.R., Dr.Apoorva J.M., AYUR PUB, ISSN 2456-0170, Vol.II, Issue 2, pp.434-441, Mar-April,2017.
15. Rasavaha srotasa: an Ayurvedic review, Dr, Sanjana Aswar, Dr.P.C. Yawatkar WJPMR, Review article, ISSN 2455-3301,6[11],26-28, 2020.
16. Therapeutic potential of piper longum L.for disease management –a review Preeti Srivastav, ISPS, ISSN 2320-6810, Vol.4, pp.-692-696.[2014].
17. Phytopharmacognostic investigation of Marsdenia tenacissima moon.Arabinda Naik, Subrata De, WJPR, ISSN 2277-7105, Vol. No.3, Issue 9.891-901,2014.
18. A multifarious potent herb: Plumbago zeylanica-A mini-review, Ankita, Sharma and Nimali Singh, IJRSR, ISSN:0976-3031, Vol-6, Issue 6, pp 4825-4829, June 2015.
19. Embelin as a Potential Drug Molecule: A review.Sakesh Kumar and Rahul Deshmukh, Journal of Pharmacognosy and Natural products, 3:3, 2017.
20. Importance of Embelia ribes: An update, Bharat Lal and Neeraj Mishra, Department of Pharmaceutics, ISF College of, India, IJPSR, ISSN:0975-8232; P-ISSN:2320-5148, Vol.4, Issue10,2013.
21. Zingiber officinale Roscoe [Pharmacological activity], Muhammad Riazur Rehman, Akhtar Naveed, Faculty of Pharmacy and alternative medicine, Journal of Medicinal Plants Research, ISSN-1996-0875.Vol.5[3], pp. 344-348,4 February,2011,
22. Review on Medhya action of Guduchi. Dr.Pansare, Dodke Pranita, Borokar Archana, WJPR, ISSN 2277-7105, Vol.7, and Issue 556-577,2018.
23. Pharmacological activity of Zingiber officinale, Rajesh Mishra, Anil Kumar and Ashok Kumar, Pharmacy College, Itaura, Uttarpradesh, India, IJ PCS, ISSN,2277-5005, Vol.1(3), pp.1073-1077, July -Sept.2012.

How to cite article:

Role of Truptighna Mahakashay Dravyas in relation to Aamashayagat Rasadhatu Dushtijanya Vyadhi. Pardeshi Pallavi, Chavan Sheetal, Dr. Parag S. Patil. pAYUSH: International Research Journal of Ayurveda Teachers Association. 2023;2(1)25-31.